

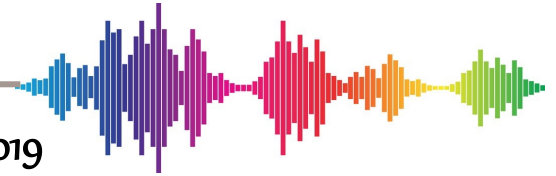
THE NEW JEWISH HOME

GERIATRIC CAREER DEVELOPMENT PROGRAM

GCD Newsletter

College Edition

Feb. 2019



GCD Hosts First Alumni Event for c/o 2018 Graduates

By Tiffany Lee, Senior Program Manager, Manhattan

Pictured: (back row, left to right) Suresh Rai, Emely Rodriguez, Nyeem Gunn, Neriah Amponsah, Jhaniris Mejia, Kenneth Cosme, Sarmin Akter, Yaimeli Ortiz, Chasity Pinckney, (front row, left to right) Fatoumata Sillah, and Yolaury Hernandez

On January 11, 2019, the GCD High School and Alumni Programs partnered to host an Alumni Luncheon. The event was hosted at the Bronx Campus which is located at Harry & Jeannette Weinberg Gardens Senior Residence, located in the Bronx, NY. Eleven members of the 2018 graduating class were in attendance. It was an opportunity to catch-up with friends and the GCD staff. Being that all attendees are freshmen in college there was an emphasis on celebrating the successful completion of their first semester. There was a short congratulatory speech and



toast to commemorate their achievements. All alumni attendees were entered into a raffle. Three winners received an overflowing gift bag stuffed with color themed school supplies such as planners, binders, folders, water bottles, pens, hand sanitizer, rulers, and an assortment of desk accessories. Most of the alumni spent their time laughing, reminiscing, eating, comparing college campus culture and giving each other tips on how to be successful during their second semester of college.



Pictured, Raffle Winners: (left to right) Sarmin Akter, Jhaniris Mejia, Neriah Amponsah



Picture: Items distributed in Alumni event raffle bags.

Alumni Working for GCD

By Tiffany Lee, Senior Program Manager

GCD c/o 2018 Alumni, **Aliyah Subhan** has worked for the High School Programs, Bronx Campus since July 2018. Having earned her Certified Nursing Assistant and Patient Care Technician Certification through GCD, Aliyah has been instrumental in teaching skills to current GCD students. Aliyah attends City College.

Congratulations

Congratulations to **Bryan Mendez, Donald Milanes, Rayona Mitchell and Zania Sweet-Newkirk** for graduating high school early in December 2018. The four GCD Alumni immediately began their college careers, as of January 2019. Bryan attends Hunter College, Donald attends Lehman College and Rayona & Zania both attend Mercy College. The alumni are still actively engaged in GCD programming and plan to participate in their c/o 2019 GCD Graduation Ceremony this spring.



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Suresh Rai

Alumni Spotlight

By: Tiffany Lee, Senior Program Manager | Feb. 22, 2019
(See photo of Suresh on page 1)

Suresh Rai is a class of 2018 GCD Alumni who is pursuing a Doctorate in Physical Therapy at Daemen College. Before 2019 I remembered him as a bright-eyed kid, with a mischievous smile, and a mess of unkempt shoulder length curls that grazed his shoulders. When I checked in with Suresh over this year's winter break his bright eyes had a new depth of focus, his curls had been traded for a crisp yet contemporary haircut and all I had left from his high school youth was the same mischievous smile. On January 15th, Suresh and I chatted about his transition from attending Clinton High School in the Bronx, to attending Daemen College, located six hours away in Amherst, New York:

Tiffany: How helpful was GCD in applying to college?

Suresh: It was very helpful because without GCD I would not have known how to fill out the applications (for college and FASFA), submit everything early, and get into school. It (GCD) played a big role in my application towards college.

Tiffany: How do your parents feel about you going away to college?

Suresh: My family came from Guyana which is not considered a wealthy country. My parent's goal in life was for their children to have a better life than they had and not have to worry about money and things like that. Their goal was to put me through college without me having to pay anything on my own. They wanted me to live a life that I chose and for me to be successful.

Tiffany: Why did you choose Daemen College?

Suresh: It's a good school for my major and in the top 100 for physical therapy. I wanted to attend a small school. Smaller classes are good because I can interact with my teachers and have a more personal connection with them. It helps me learn and retain the material better.

Tiffany: What was the transition to college like?

Suresh: The bad was I didn't really study in high school so in college I had to learn really fast an efficient way to study. That was my biggest problem. Another "bad" was being really far away from home. It's six hours so I had to adapt to not being with my family all of time.

The "good" is I got to be on my own. I got to mature a little bit more. I got to stay focused because I didn't have any distractions around me.

Tiffany: What is different between New York & Amherst?

Suresh: Amherst is different because you need a car. There's not really any buses or trains. It's a small quiet community where things don't happen. In New York City things happen all the time.

Tiffany: What do you do for fun at Daemen?

Suresh: Me and my friends play on an intramural soccer and a flag football team. We hang out, go to the movies and eat food.

Tiffany: What's your dream job?

Suresh: To work with some type of sports team in any kind of sport. If that doesn't work out then I would open my own facility for physical therapy.

Tiffany: Why are you majoring in physical therapy?

Suresh: The reasons I chose physical therapy is because when I was young I fractured my ankle while playing football and I had to go to physical therapy. They helped me get back to playing football. I want to help other people getting back to doing things that they love.

Tiffany: How did the fall semester go?

Suresh: My hardest class was probably biology lab because of all the experiments and lab reports we had to write. The reports were really hard and I've never had to do work like that. My favorite class was Art 101 because the teacher was nice and she allowed me to do whatever art I wanted. The class took the stress out of college. Whenever I had that class I was free and didn't have to stress about any other work.

Tiffany: Tell me about your winter internship at TNJH.

Suresh: For Daemen's Physical Therapy Program we are required to complete 120 hours of shadowing. It's broken down into 40 hours per year. The first thing that came into my mind was GCD. I contacted John (GCD Program Director), who put me in touch with Lauren (Raschen) who is the Director of Rehab (at The New Jewish Home), and I was able to complete my volunteer hours. While doing the internship it made me feel like this is what I want to do. I was basically shadowing Physical Therapy. I was seeing people get back on their feet and going about their normal lives. It made me feel satisfied that one day I'll be able to do this on my own; helping people get back to their normal lives.

Tiffany: What are you looking forward in the spring semester?

Suresh: Going back and working towards my goal of physical therapy. It's my dream job. I want to get my work done, keep up my grades, and make my family proud.

Tiffany: Do you have any advice for c/o'19 GCD Parents?

Suresh: Don't be afraid to send your kids away for college because maybe that will be best for them. Sometimes it's better for them to go away so they have a chance to mature, grow as a person and stay focused. Once you trust your kid don't be afraid to let go. Give them a chance to make their own decisions.

Tiffany: What is your advice for the current GCD Students?

Suresh: Just stay focused and keep working hard because college is really serious. It takes a lot of hard work and it takes a lot of your time. It'll be worth it in the future because you'll be able to do what you love. Don't give up. No matter how hard things get just push through it. It'll get better eventually. Just stay focused.